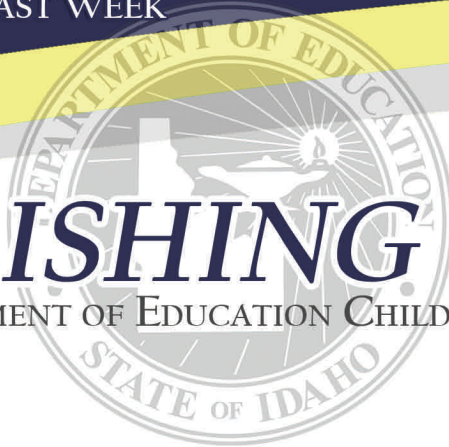


NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS



VOLUME 2, ISSUE 7

FEBRUARY 2008

This publication has been sent to all:

● School Food Service Directors

● School Food Service Kitchen Managers



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

A Message from the Director

Despite the healthful benefits, breakfast may be the meal that is most often neglected or skipped. According to the food and nutrition experts at the American Dietetic Association (www.eatright.org), eating breakfast not only aids in weight management, it fuels the body to help provide energy, improve concentration and problem-solving ability throughout the day.

Some people believe that skipping breakfast may help them lose weight. Not so! Skipping meals often leads to overeating later in the day. Becoming overly hungry often leads to a lack of control and distorted satiety signals (meaning

it is hard to determine when you are full). This can result in taking in more calories than if one had an appropriate breakfast. As a matter of fact, it is easier to control one's weight by eating smaller meals and snacks more frequently. What if there is just no time in the morning to eat breakfast before coming to school? Easy, join the breakfast program at your local school district and see the positive results and benefits!

USDA regulations state that school breakfasts must meet one-fourth (1/4) of the RDA for specific dietary components/nutrients by age/grade groups, when averaged over

a period of one week. USDA has similar requirements for the lunch program. Idaho schools understand the importance of breakfast as shown by being **ranked 5th in the nation for increasing school breakfast participation in fiscal year 2006!** In Idaho, during the period of July 2006-June 2007, breakfasts served totaled 10,109,047 and meal reimbursement was \$11,764,331.66. That is more than a 10% increase in the number of breakfasts served, and nearly 15% increase in reimbursement! Congratulations everyone!

Colleen Fillmore, PhD, RD, LD
Director, Child Nutrition Programs

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Upcoming Events

Preview the Review

Caldwell - February 19-20, 2008

Idaho Falls - March 4-5, 2008

Lewiston - March 10-11, 2008

Boise (for RCCIs) - March 18, 2008

Annual SSFP Training

Lewiston - March 18, 2008

Coeur d'Alene - March 19, 2008

Annual CACFP Training

Lewiston - March 18, 2008

Coeur d'Alene - March 19, 2008

To register for one of these workshops, go to:

www.sde.idaho.gov/child

National School Breakfast Week,
March 3-7, 2008

Your Questions Answered

Q. I want to have trays counted as reimbursable by serving three items and then letting the student decide whether to take the additional two items. Have I complied with Offer versus Serve?

A. No. The choice of which food to select is strictly the student's decision. A school cannot specify which food items the student must take.

Q. A neighboring school district defines a meal differently than I do. Who is correct?

A. Your neighboring district may be on a different menu planning system. Know what menu planning system you are on and use the helpful hints in the Offer vs Serve Manuals that were sent to you.

Q. If I have chocolate pudding as an extra, and the student chooses it, can it be counted as an item for OVS?

A. Any food item that is not part of the reimbursable meal is not counted toward the minimum number of items required under OVS. Students and food service staff need to know which foods are credited for the purposes of a reimbursable meal.

CIRCULATE TO:

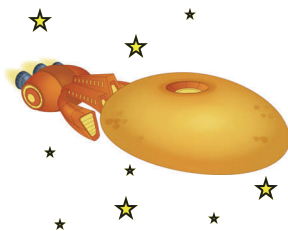
☐ Superintendent

☐ Principal

☐ School Nurse

☐ Health Teacher

☐ Kitchen Staff



Idaho School Breakfast Facts (FY 06-07)

- **Total Breakfasts Served:** 10,109,047
 - **Avg. Breakfasts Served Daily:** 57,671
 - **# of Sponsors Serving Breakfast:** 141
 - **# of Schools Serving Provision Breakfast:** 286
 - **% of School Districts Serving Breakfast:** 82%
 - **% of RCCI's Serving Breakfast:** 100%
 - **Breakfasts Served in Severe Needs Schools:** 9,001,066
 - **Avg. Price of Student Breakfast:** \$1.07
 - **Breakfasts Reimbursed at Free Rate:** 6,272,058
 - **Breakfasts Reimbursed at Reduced Rate:** 1,218,266
 - **Breakfasts Reimbursed at Paid Rate:** 2,618,723
- Total Breakfast Meal Reimbursement:** \$11,764,331.66



Benefits of a Cycle Menu

Mary Jo Marshall, BS
Coordinator

Are you still creating your menus from scratch each month starting with a blank calendar? Or have you taken the time to develop a cycle menu?



There are many benefits to developing and using a cycle menu. Cycle menus help control labor costs by standardizing procedures for production and service. Using the same menus over and over again helps staff to become familiar with the recipes and tasks necessary to produce the meal, therefore saving labor time. Your staff also becomes more skilled in producing a quality product.

Cycle menus are planned well in advance. When the menu planner uses the cycle menus and well-documented production records, the purchasing tasks can be completed more efficiently. Using the cycle menu to determine how many times the items will be on the menu for a specified time period will save money by more closely purchasing the correct amount of food and avoiding unnecessary purchases. Food products are rotated on a more frequent basis which results in a higher quality product for your customers.

Cycle menus do not have to be boring or predictable. Special events can be accommodated by developing a cycle menu for holidays. Cycle menus should be created for different times of the year to take advantage of seasonal foods.

If you are not currently using cycle menus, start small and work on completing a week's worth at a time. As with all projects, the time devoted to the task up front will pay off in the end with the time saved as you implement your plan.



One Week Breakfast Cycle Menu

Anna Mae Florence, RD, LD
Coordinator

Monday

Oatmeal, frozen berries, 2 oz. ham slice, 1 slice whole wheat toast with margarine, 1% milk

Tuesday

Breakfast burrito (egg, potato, cheese), 1 oz. salsa, orange slices, 1% milk

Wednesday

Muffin (blueberry, apple bran, etc.), assorted cereals, yogurt 6 oz., banana, 1% milk

Thursday

Biscuits with gravy, assorted juices, melon, 1 % milk

Friday

Assorted cereals (equal to 2 oz.), string cheese, wheat toast with margarine, banana, 1% milk

The nutrient analysis of this menu is available on our Web site www.sde.idaho.gov/child. It meets all the criteria that the SMI considers, as well as the cholesterol, fiber and sodium. It was set up for meeting the K-12 grade grouping. From that Web site you will observe what the portion sizes are and what particular recipe is being followed.



Following are some examples of what the recipes are. The breakfast burrito is: 8 inch flour tortilla, 1 large scrambled egg, 2 oz. of hash browns and 1 oz. of mozzarella cheese. Cereals include 2 oz. on

average of the following: Cheerios, Frosted Mini-Wheats, Honey Nut Cheerios, Rice Chex and Kix. The muffin recipe is USDA B-12 with 1 oz. of blueberries per square added. Biscuit is a 2 oz. purchased and the gravy mix is also a purchased product. The margarine on the toast is 1 tsp. and the brown sugar is 1 tbsp. Consider using ham instead of sausage or bacon to control the fat and saturated fat.



New Breakfast Program

Lisa Ward, Food Supervisor
West Jefferson School District

There have been a lot of changes since I started as the lunch supervisor. One big change is that we have implemented a new breakfast program. There are several options on how to run your program.

I really think it has gone over well. We started by giving the information to the school board and staff and then passing it on to the community. We used the media as well as the students to let people know. We have had really good support, but as with anything new, we have also been criticized. The first day was really shocking! We had very low numbers, and I think we were all wondering what kind of a challenge we had taken on. The next day the numbers were great and have been growing. I really feel that people have to understand what a great

opportunity this program is for the kids whose parents work, or just for the kids themselves to establish good eating habits and enjoy breakfast with their friends. Living in a rural area, some parents leave for their jobs before breakfast can be made. There are also a lot of kids that do not like to get up and eat first thing in the morning. The breakfast program gives them an opportunity to still eat before school. I think one of the biggest benefits is that ALL kids that want breakfast have the opportunity to eat. Teachers tell me those kids are more settled, are learning better and their studying skills seem to improve because they are not hungry.

The kids are dropped off at the school. They come over and eat with time to make it to their classes.

It's really been fun to watch them as they try new things. The elementary kids will let you know if it's a hit or a failure. They are extremely honest! The high school students can come to the lunch room or grab and go at the high school gym. We offer choices of yogurt, muffins and juice or apples as well as milk. I suggest getting the kids as involved with the menu as you can. We ask them what they would like and try to make it available to them.

I feel really lucky to have a wonderful staff who have great ideas and have been willing to go the extra mile for the kids. They know how valuable these kids are, and they treat them with VIP service. I think that is the key to having a successful program. I would encourage all districts to go the extra mile and try out the breakfast program.

How to Deliver Breakfast

Heidi Martin, RD, LD
Coordinator

Studies conclude that good nutrition leads to improved classroom performance, higher test scores and better behavior. It can be a challenge to get students to the cafeteria before school. Whether starting or expanding a breakfast program, attracting students may be as easy as creating or changing school breakfast options. There are four alternative breakfast service methods in addition to traditional breakfast. The breakfast serving methods are:

Breakfast in the Classroom

Many schools that have implemented Breakfast in the Classroom deliver pre-packaged food items to the class before the bell rings. Students eat at their desks in 10 to 12 minutes while attendance and announcements are being done or while teachers read aloud.

Grab 'n' Go Breakfast

Breakfasts are packaged in disposable containers with all components of the meal. Serving carts located in easily accessible locations, such as the cafeteria or near the school entrance, provide a quick and nutritious meal for students. Grab 'n' Go breakfasts are a practical and appealing way to reach hungry kids in a hurry.

Service methods that make breakfast part of the school day dramatically increase participation by making eating breakfast convenient and accessible to all, no matter how or when students arrive at school.

Breakfast After First Period

Served in the cafeteria or from carts or tables at a central location in the

school, Breakfast After First Period is ideal for secondary students.

Breakfast on the Bus

Breakfast is served/consumed while riding the bus to school.



In selecting the best meal service method(s) for your school, talk to other schools that have already been through the process and have selected a service method you may be considering. Talk to them, find out what works, what does not work, what resources they needed to get started and what obstacles they needed to overcome.



To get more information on celebrating National School Breakfast Week at your school, visit <http://docs.schoolnutrition.org/meetingsandevents/nsbw2008/index.html>.

Do you want to start a Breakfast program at your school? If so, contact the Child Nutrition Programs office at 332-6820!



**Idaho State Department of Education
Child Nutrition Programs
P.O. Box 83720
Boise, Idaho 83720-0027**



NOURISHING NEWS

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Idaho School Meal Initiative's Weaknesses

Anna Mae Florence, RD, LD
Coordinator

The Idaho State Department of Education is now in its twelfth year of performing SMLs. After completing them for so long, we have noticed that trends exist. Once you are aware of these, you will find it easier to address the troublesome nutrients.



One nutrient that seems to be a challenge is fiber. When white toast, refined cereals, and fruit juice or canned fruit are the only choices, the proper fiber content cannot be attained. To increase fiber, serve whole grain toast and cereals, and serve a fresh fruit alternative at least three times a week.

Another nutrient that can cause problems is calories. Many schools only offer cereal daily. If this is done, calories can be low, especially if only one small portion bowl is served. Because cereal is low in calories a larger serving may

need to be served or possibly add a serving of string cheese, peanut butter (for toast) or yogurt. These are all quick and easy supplements to a low-calorie morning.

Lastly, Vitamin C is occasionally low, so serve a variety of fruits. Remember that fresh fruit typically has more Vitamin C than canned. Breakfast needs to keep the student going until the lunch hour. Consider what you are serving and see if there are some improvements that you can make. It can create a big difference!



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